

Hoarding Resource List:

Are you or a loved one struggling with hoarding?

Hoarding is characterized as the persistent difficulty discarding or parting with possessions, regardless of their actual value. Often there are negative emotional, physical, social, financial impacts for the person and loved ones.

Support and Counseling Options

Buried in Treasures Workshop • (503) 352-2400

Hoarding Disorder Skills Treatment Group

Clutterers Anonymous • (503) 674-8893 or <http://pdxclaeast.wixsite.com/cla-pdx-metro>

Free groups open for people wishing to share their experience with clutter.

Lutheran Community Services Northwest • (503) 731-9589

Multicultural Counseling Services – mental health and addiction services for adults and children.

NW Anxiety Institute • (503) 542-7635

Individual and peer support groups.

OHSU OCD Group • (503) 494-6176

OHSU Auditorium, Marquam Hill #217

1st and 3rd Thursdays, 7-8:30pm, drop-in (free).

Pacific Psychology and Comprehensive Clinics • (503) 352-2400

Low-cost options for individual and group therapy.

Cleanup Help

Critical Care BioRecovery • (503) 698-4415

National Association of Professional Organizers • <http://napooregon.com/>

Pegasus Social Services • (503) 252-8499

ServiceMaster of Portland • (503) 483-4036

Supportive Services of Oregon • (503) 388-0313 or (503) 422-1000

Helping Hands, Darin Johnson • (503) 756-3167

Safety Issues

Adult Protective Services • (503) 988-4450

Investigates allegations of abuse, self-neglect, and financial exploitation for seniors and adults with disabilities.

City of Gresham Code Compliance • (503) 618-2463

Assists property owners in resolving compliance issues in Gresham such as land use, general nuisances, parking, junk and garbage, vegetation, abandoned vehicles, animals, etc.

<https://greshamoregon.gov/codeCompliance/>

City of Portland Neighborhood Inspections Program • (503) 823-CODE (2633)

To report a violation contact (503) 823-CODE (2633) between the hours of 8am-5pm, Monday-Friday.

Neighborhood Inspections enforces Title 29, the Property Maintenance Code of the City of Portland. This Code is designed and was passed by City Council to reflect the wishes of the neighborhood and the goals of Portlanders. This Code covers the maintenance of residential dwellings, accessory structures and the land on which they sit. This Title is set up to establish and enforce minimum standards only. Codes are enforced through incremental enforcement. More than just formal enforcement, inspectors and staff provide education and referrals to assist the homeowner toward the common goal of better housing. In the event of non-compliance this department is set up with tools to gain compliance. It is important to note that while primary efforts are toward public safety, part of the mission is the protection of property and contributions to neighborhood livability.

<https://www.portlandoregon.gov/bds/28397>

City of Troutdale Code Compliance • (503) 665-6129, EXTENSION 2241

<http://www.ci.troutdale.or.us/codecompliance/faqs.html>

Multnomah County Animal Services • (503) 988-7387

Performs animal abuse and neglect investigations, and responds to situations where an animal is in imminent danger or there is a loose aggressive dog.

<https://multco.us/services/animal-services-multco-pets>

Multnomah County Vector Control • (503) 988-3464

Vector Control protects health and enhances livability through control of the rat and mosquito populations, and serves as a resource for addressing public health vector problems. Programs include Rodent Control, Mosquito Control and Code Enforcement, which enforces some specific county and city municipal codes.

<https://multco.us/health/staying-healthy/pest-prevention-and-control/vector-control-code-enforcement>

Legal Assistance

Legal Aid Services of Oregon • (503) 224-4086

Provides access to free legal help for housing cases including eviction defense, repair issues, discrimination, and help with government housing programs.

<https://lasoregon.org/>

The Fair Housing Council • (503) 223-8197

Statewide civil rights organization whose mission is to eliminate housing discrimination through access to enforcement and education.

<http://fhco.org/index.php/about-fhco/the-work-we-do>

Suggested Reading and Websites

Anxiety and Depression Association of America • <http://www.adaa.org>

Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding by David Tolin, Randy Frost, and Gail Steketee

Digging Out: Helping Your Loved Ones Manage Clutter, Hoarding, & Compulsive Acquiring by Michael A. Tompkins and Tamara L. Harti

International Obsessive Compulsive Disorder Foundation • <http://hoarding.iocdf.org>

Stuff: Compulsive Hoarding and the Meaning of Things by Gail Steketee and Randy Frost

The Hoarding Handbook: A Guide for Human Service Professionals by Christiana Bratiotis

Other Resources

Aging and Disability Resource Connection of Oregon (ADRC) • 1(800) ORE-ADRC (673-2372)

Provides information about services to address aging or disability needs.

Animal Control • (503) 988-7837

Performs animal abuse and neglect investigations, and responds to situations where an animal is in imminent danger or there is a loose aggressive dog.

Institute for Challenging Disorganization • www.challengingdisorganization.org

Providing education, research and strategies to benefit people challenged by chronic disorganization.

Mental Health Call Center • (503) 988-4888 or toll free 1(800) 716-9769

24-hour Call line providing crisis counseling (translation services available). 24/7 mobile crisis outreach for in-person assessment, referral to low-cost or sliding-scale agencies, help finding mental health providers.

*The listed resources have not been verified and are subject to change.
If you would like to be included or removed from this list please contact us at
hoarding@multco.us.*